



Research indicates that military-connected children are at higher risk of physical, psychological, and behavioral health issues than their civilian counterparts and could be at potential risk for toxic stress. The COVID-19 pandemic has likely increased the potential for stress among military families, especially those whose service member(s) are on the front lines working to care for those who are ill.

DID YOU KNOW?

Virginia has over 80,000 military-connected students attending public schools in nearly all of the 132 school divisions.

Not all military students will respond to stress in the same way. Resiliency is a learned behavior and is dependent on the parent's and community's ability to help students develop strong coping skills.

FYI!

CONSIDER THIS

Research shows that during times of military deployment, transition, or other stressful situations, some military-connected adolescents may withhold their feelings.

KEY FACTORS

Consider the key factors and questions below that may affect a child's emotional response to this crisis.

PRIOR EXPERIENCES

- Has the student had a history of anxiety or high levels of stress during past moves or in periods of parental absences?
- Does the student come from a single parent household? Or, are both parents service members?

CURRENT & FUTURE EXPERIENCES

- Has the student's parent(s) been activated to support COVID-19?
- Is the family impacted by the Department of Defense "Stop Move" order? If so, is the family struggling financially or experiencing other related challenges?

ENVIRONMENTAL FACTORS

- Is the student in the care of someone other than the parents and without the support of a familiar social network?
- Does the student's family have challenges accessing Virginia military installation supports (counseling, medical care, military aid societies, etc.)?

Is the student's parent(s) deployed or absent from the home as a result of their service to the military?

What resources are available to the student from the: Military; Community; School; Religious Affiliations; and Sport / Service Affiliations.

ESSENTIAL QUESTIONS FOR EDUCATORS OF MILITARY-CONNECTED STUDENTS

Does the student have a strong social network?

Does the student have preexisting conditions which make her or him more at risk given the current living conditions under COVID-19?

Has the student moved recently or is the family preparing to move?

IMPORTANCE OF SELF-CARE



The mental health of students is intimately and inextricable linked to the well-being of their parents, guardians, and teachers. Stress is natural and inevitable during deployment, transition, and crisis situations such as this. Implementing your own self-care strategies and providing parents/guardians with tools to do the same is a critical component to safeguarding the mental health of students.

MILITARY-CONNECTED WELLNESS CONTROL PANEL

FOR STUDENTS & PARENTS

[MILITARY FAMILIES RESOURCES FOR YOUNG CHILDREN](#)

[SIMPLE ACTIVITIES FOR CHILDREN](#)

[MILITARY KIDS CONNECT](#)

[NON-MEDICAL COUNSELING FOR MILITARY CHILDREN AND TEENAGERS](#)

[STATE AND FEDERAL RESOURCES FOR MILITARY FAMILIES](#)

[BRAINPOP VIDEO ON COVID-19](#)

FOR EDUCATORS AND/OR OTHER CAREGIVERS

[GUIDE TO HELPING FAMILIES COPE WITH COVID-19 ENGLISH](#)

[GUIDE TO HELPING FAMILIES COPE WITH COVID-19 SPANISH](#)

[GUIDE TO HELPING FAMILIES COPE WITH COVID-19 CHINESE](#)

[COVID-19 RESOURCES & TIPS FOR FAMILIES AND OTHERS](#)

[CDC: CARING FOR CHILDREN](#)

[MILITARY ONESOURCE: COVID-19 INFO FOR MILITARY COMMUNITY](#)

FOR SELF-CARE

[THE MILITARY AND FAMILY LIFE COUNSELING PROGRAM](#)

[CHILDREN COPING RESOURCES](#)

[TAKING CARE OF YOURSELF](#)

[COPING WITH STRESS DURING OUTBREAKS](#)

[HEADSPACE](#)